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Distributed by  
UNITED STATES FOOD ADMINISTRATION

HENRY B. ENDICOTT

Food Administrator for Massachusetts



## Choose Your Food Wisely

### STUDY THESE FIVE FOOD GROUPS.

Every food you eat may be put into one of these groups. Each group serves a special purpose in nourishing your body. You should choose some food from each group daily.

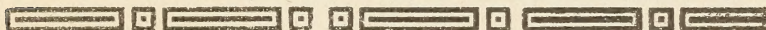
1. VEGETABLES AND FRUITS.
2. MILK, EGGS, FISH, MEAT, CHEESE, BEANS, PEAS, PEANUTS.
3. CEREALS—CORN MEAL, OATMEAL, RICE, BREAD ETC.
4. SUGAR, SYRUPS, JELLY, HONEY, ETC.
5. FATS—BUTTER, MARGARINE, COTTONSEED OIL, OLIVE OIL, DRIPPINGS, SUET.

You can exchange one food for another in the same group. For example, oatmeal may be used instead of wheat, and eggs, or sometimes beans, instead of meat; but oatmeal cannot be used instead of milk. Use both oatmeal and milk.


YOU NEED SOME FOOD  
FROM EACH GROUP EVERY  
DAY—DON'T SKIP ANY.

Here are the Reasons Why you Need the Five Groups.

FRUITS AND VEGETABLES furnish some of the material from which the body is made and keep its many parts working smoothly. They help prevent constipation which gives you headaches and makes you stupid. The kinds you choose depend upon the season, but remember that the cheaper ones are often as valuable as the more expensive.







MILK, EGGS, FISH, MEAT, PEAS, BEANS,—These help build up the growing body and renew used-up parts. That is their main business. Dried peas and beans make good dishes to use in place of meat part of the time, but don't leave out the other foods entirely. Milk is the most important. Buy at least a pint a day for every member of your family. No other food can take its place for children. Save on meat if you must, but don't skimp on milk.

CEREALS—Bread and breakfast foods. These foods act as fuel to let you do your work, much as the gasoline burning in an automobile engine makes the car go. This you can think of as their chief business. And they are usually your cheapest fuel. Besides, they give your body some building material.

Don't think that wheat bread is the only kind of cereal food. The Government asks us to save wheat to send abroad to our soldiers and the allies. Let the North try the Southern corn bread and the South the oatmeal of the North. Half of the fun of cooking is in trying new things. An oatmeal pudding is delicious. See Leaflet No. 6 for the recipe.

Sugar and syrups are fuel, too, and they give flavor to the other foods. They are valuable foods, but many people eat more of them than they need. Sweet fruits, of course, contain much sugar and are better for the children than candy.

Fat is fuel—Some is needed especially by hard-working people. Remember that expensive fats are no better fuel than cheap ones. Use drippings. Don't let your butcher keep the trimmings from your meat. They belong to you. Children need some butter fat. Give it to them in plenty of whole milk or in butter.

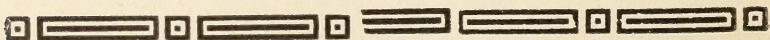
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U. S. DEPARTMENT OF AGRICULTURE

U. S. FOOD ADMINISTRATION

Washington, D. C.

United States Food Leaflet No 4



ΕΚΛΕΓΕΤΕ ΤΗΝ ΤΡΟΦΗ ΣΑΣ ΜΕ ΣΚΕΨΙ ΚΑΙ ΦΡΟΝΙΜΑΔΑ  
ΜΕΛΕΤΗΣΑΤΕ ΑΥΤΟΥΣ ΤΟΥΣ 5 ΣΥΝΔΥΑΣΜΟΥΣ ΦΑΓΗΤΩΝ

Κάθε τροφή ποῦ τρώγετε ἡμπορεῖ νὰ ἔμβῃ εἰς τὸν ἕνα ἀπὸ αὐτοὺς τοὺς συνδυασμούς. Ὁ καθεὶς ἀπ' αὐτοὺς ὑπηρετεῖ καὶ ἀπὸ ἕνα εἰδικὸν σκοπὸν θρόψεως τοῦ σώματός σας. Ἀπὸ κάθε ἕνα ἀπὸ αὐτοὺς τοὺς συνδυασμούς ἐκλέγετε κάθε ἡμέραν τὸ φαγητόν σας.

**1. Χόρτα καὶ φρούτα.**

**2. Γάλα, αὐγά, ψάρια, κρέας, τυρί, φασόλια, πιζέλια, πινόσια.**

**3. Δημητριακὰ, κόρνμηλ, οτμηλ, ρίξι, ψωμί κ.λ.π.**

**4. Ζάχαρι, σιρόπια, γλυκό, μέλι, κ.λ.π.**

**5. Πάχη — δοῦτυρο, μαργαρίνη, θαμβασκέλαιο, ἐλαιόλαδο, παχειὰ τοῦ κρέατος, ἄλειμμα..**

Ἡμπορεῖτε νὰ ἀνταλλάσσετε μιὰ τροφή μὲ μιάν ἄλλην εἰς τὸν ἴδιον συνδυασμόν. Παραδείγματος χάριν ἡμπορεῖτε νὰ μεταχειρισθῇτε ὀτμηλ ἀντὶ σιτάρι, καὶ αὐτὰ ἢ καμμιά φορὰ φασόλια ἀντὶ κρέας· ἀλλὰ δὲν ἡμπορεῖτε νὰ μεταχειρισθῇτε ὀτμηλ ἀντὶ γάλα. Μεταχειρισθῇτε καὶ τὰ δύο.


ΧΡΕΙΑΖΕΣΘΕ ΚΑΠΟΙΑ ΤΡΟΦΗ ΑΠΟ ΚΑΘΕ  
ΣΥΝΔΥΑΣΜΟ ΚΑΘΕ ΜΕΡΑ — ΜΗ ΠΑΡΑΛΕΙΠΕΤΕ ΚΑΜΜΙΑ

Ἴδού οἱ λόγοι διὰ τοὺς ὁποίους χρειάζεσθε αὐτοὺς τοὺς πέντε συνδυασμούς.

ΤΑ ΦΡΟΥΤΑ ΚΑΙ ΤΑ ΧΟΡΤΑ προμηθεύουν μερικὰ ἀπὸ τὰ ὑλικά ἀπὸ τὰ ὁποῖα εἶνε καμωμένο τὸ σῶμα καὶ κάμνουν ὥστε ὅλα τὰ ὄργανα νὰ λειτουργοῦν μὲ τάξιν. Προλαμβάνουν τὴν δυσκοιλιότητα ἢ ὁποία φέρει κεφαλόπονον καὶ αποθλακώνει τὸν ἄνθρωπον. Τὰ εἶδη τὰ ὁποῖα ἐκλέγετε ἐξαρτῶνται ἀπὸ τὴν ἐποχὴν, ἀλλὰ μὴ λησμονῇτε ὅτι τὰ φθηνότερα ἔχουν πολλὰς τὸσην ἀξίαν ὅσην καὶ τὰ ἀκριβώτερα.

ΓΑΛΑ, ΑΥΓΑ, ΨΑΡΙ, ΚΡΕΑΣ, ΠΙΖΕΛΙΑ, ΦΑΣΟΛΙΑ. — Αὐτὰ συντελοῦν ὥστε νὰ ἀναπτύσσεται τὸ σῶμα καὶ νὰ ἀνανεώνωνται τὰ μέρη





ποῦ φθείρονται. Αὐτὸ εἶνε ἡ κυριωτέρα ὑπηρεσία των. Ξηρὰ πιζέλια καὶ φασόλια εἶνε φαγητὰ τὰ ὁποῖα ἡμποροῦν νὰ λάβουν τὴν θέσιν τοῦ κρέατος κάποτε ἀλλὰ χωρὶς νὰ παραλείπωνται ὁλοτελῶς αἱ ἄλλαι τροφαί. Τὸ γάλα εἶνε ἡ κυριωτέρα ἐξ αὐτῶν. Ἀγοράζετε τοῦλάχιστον ἓνα πᾶντ τὴν ἡμέρα γιὰ κάθε μέλος τῆς οἰκογενείας σας. Καμμιὰ ἄλλη τροφή δὲν τὸ ἀντικαθιστᾷ γιὰ τὰ παιδιά. Κάνετε οἰκονομία εἰς τὸ κρέας, ἂν πρέπει, ἀλλὰ μὴ φιλαργυρεύεσθε εἰς τὸ γάλα.

**ΔΗΜΗΤΡΙΑΚΑ.** — Ψωμί καὶ τροφή διὰ πρόγευμα. Αὐταὶ αἱ τροφαὶ ἐνεργοῦν ὥς καύσιμος ὕλη καὶ σᾶς βοηθοῦν εἰς τὴν ἐργασίαν σας, ὅπως ἡ γκαζολίνη μέσα στὴ μηχανὴ τοῦ αὐτοκινήτου τὸ κάμνει νὰ κινῆται. Αὕτῃ εἶνε ἡ κυριωτέρα ὑπηρεσία των. Καὶ εἶνε συνήθως ἡ φθηνότερα οὐσία. Ἐκτὸς τούτου προμηθεύουν ὕλικόν διὰ τὴν ἀνάπτυξιν τοῦ σώματος.

Μὴ νομίζετε ὅτι τὸ ψωμὶ ἀπὸ σιτάλευρο εἶνε τὸ μόνο εἶδος τῆς δημητριακῆς τροφῆς. Ἡ Κυβέρνησις μᾶς παραγγέλλει νὰ κάμνωμεν οἰκονομίαν εἰς τὸ σιτάλευρο διὰ νὰ στέλλεται αὐτὸ εἰς τοὺς στρατιώτας καὶ τοὺς συμμάχους. Εἰς τὰ βόρεια μέρη τῆς χώρας ἃς δοκιμασθῇ τὸ ψωμὶ ἀπὸ ἀραβόσιτο τῶν νοτίων καὶ εἰς τὰ νότια ἃς δοκιμασθῇ τὸ ὅτμηλ τῶν βορείων μερῶν. Τὸ νὰ δοκιμάζῃ κανεὶς τὸ μαγεῖρεμα νέων φαγητῶν εἶνε εὐχαρίστησις. Τὸ ὅτμηλ κάμνει ἐξαισία πουτίγκα. Ἰδὲ τὸ βον φυλλάδιον διὰ τὴν σχετικὴν συνταγὴν.

Ἡ ζάχαρι καὶ τὰ σιρόπια εἶνε ἐπίσης καύσιμος ὕλη, καὶ δίδουν οὐσίαν εἰς ἄλλας τροφάς. Εἶνε τροφαὶ πολύτιμοι ἀλλὰ πολλοὶ ἄνθρωποι τρώγουν ἐξ αὐτῶν περισσότερον παρ' ὅ,τι χρειάζονται. Βεβαίως τὰ γλυκὰ φροῦτα περιέχουν πολλὴν ζάχαριν καὶ εἶνε καλλίτερα διὰ τὰ παιδιά παρὰ κέντυ.

Τὸ πάχος εἶνε καύσιμος ὕλη — πρὸ πάντων ἄνθρωποι ἐργαζόμενοι σκληρὰ τὸ χρειάζονται. Μὴ λησμονῆτε ὅτι τὰ ἀκριβὰ πάχη δὲν εἶνε καλλίτερα ἀπὸ τὰ φθηνότερα. Μεταχειρίζεσθε τὰ παχειὰ τοῦ κρέατος. Μὴν ἀφήνετε εἰς τὸν χασάπη τὰ ἀποκόμματα τοῦ κρέατος ποῦ ἀγοράζετε. Σᾶς ἀνέχουν. Τὰ παιδιά χρειάζονται πάχος. Δίδετε εἰς αὐτὰ ἄφθονο παχὺ γάλα, ἢ βούτυρο.

